



February 24, 2022

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What's New?

Calling All Trip Leaders

It's that time of year! Time to start planning for spring and summer climbing. So, whether you want to show off your favorite spot to other members, assist with a first Wednesday night at Carderock, or just need other people to belay you we want to hear from you. Fill out this trip leader interest form and the excom team will be in contact to get you scheduled. <https://forms.gle/pAMdVkgJ3JCjzHU49>

Never led a trip so don't know what it means? - no problem - we're always looking for assistant trip leaders to help out and learn the ropes so sign up too!

We'll host a few trip leader clinics in the spring to help everyone who is new to trip leading.

Meeting Recap- Avalanche

Our last club meeting featured a presentation on Avalanche Awareness from Mark Maier. If you missed it, use this [link](#) to watch a recording of the meeting!

Upcoming Events

[Click here to sign up for an event!](#) See the website for details on each event

Women's Meet-up Sugarloaf Hike

Saturday February 26th, 2022

10:00 AM - 1:00 PM

Sugarloaf Mountain Sugar Loaf Mt Dr, Dickerson, MD

Mountaineering mini-course: Seneca Rocks alpine weekend

Friday March 4th- Sunday March 6th, 2022

Seneca Shadows, Monongahela National Forest, Riverton, WV

March Club Meeting

Wednesday March 9th, 2022

5:00 PM- 9:00 PM

Movement Crystal City, VA

Mountaineering Mini Course: Hike #3

Saturday March 12th-Sunday March 13th, 2022

White Oak/Cedar Run, VA

Maryland Gym Meetup: Hampden

Sunday March 13th, 2022

10:00 AM-2:00 PM

Movement Hampden, MD

Mountaineering Mini Course: Expedition Planning

Wednesday March 23rd, 2022

4:00 PM- 5:30 PM

ZOOM

Movement Crystal City Monthly Women's Meetup

Sunday March 27th, 2022

9:30 AM - 12:00 PM

Movement Crystal City, VA

Dolly Sods Trip Report

By Caroline Mosher

Despite possessing very little of the required equipment, I signed up for the Dolly Sods winter camping trip. This camping trip is part of a larger program to prepare club members for the summer mountaineering season. I was able to borrow a majority of the cold weather gear needed, but I neglected to buy a heavier duty jacket. How cold could it really be? It was only one night, after all. The crew of 6 met at the Red Creek trailhead parking lot on Saturday morning. Our fearless leader, Dak Hardwick, set the pace. After crossing dozens of streams, we arrived at our campsite. It was set on a small island created by a fork in the river, about 4 miles into the backcountry. We set up our four season tents and got settled in for the evening. We huddled around the remains of an old campfire and made dinner. I brought tuna mac, my camping go-to.

I encountered two pitfalls during this experience. First, my clothes were just not warm enough. I would have had a very miserable evening if one of my compatriots had not lent me an extra jacket. Second, water was an issue. One of the first things I did was spill half a liter of water inside my tent while I was setting up because the cap wasn't screwed on properly. Terrified of a repeat incident, I did not put my Nalgene in my sleeping bag as the others suggested I do. Of course it froze solid inside my tent overnight. Good luck thawing a Nalgene when it's 20 degrees outside. Two of our water filters froze, rendering them useless. Have you ever tried boiling snow? Well, it takes a lot of snow and is very time consuming. I am an avid watcher of the reality show "Alone" and have often heard contestants complaining about how annoying it is. I was able to experience it first hand in the Sods. Eventually I gave up and boiled river water.

After a chilly night, we got up and headed out for a quick hike. Our original plan of hiking to Lion's Head was thwarted by recent rains that caused the river we would have to cross to swell to an impassable level. We went a few miles up a switchback trail before turning around. We packed up camp and headed back to the car. Many stream crossings later, we were warming up at a pizza place in Davis, WV.

Overall, the trip was a great learning experience. It was only one night, so any mistakes we made didn't turn out to be a huge deal. It also wasn't *that* cold, but cold enough that it wasn't a regular backpacking trip. My contact lenses froze. My sandwiches froze. My hands were frozen the entire time. Doing things in gloves makes everything more cumbersome. As I sit by my electric fire in my heated house, it's easy to take the warmth for granted but learning how to manage yourself in the cold is a critical part of mountaineering. I'd like to give a shoutout to Dak Hardwick for organizing the trip; if you have a chance to attend any of the other mountaineering mini course events, I highly recommend it. Just make

sure you are prepared for what you've signed up for!



Are you a new member?

Welcome to the club! Here are a few suggestions to help you stay connected to the group.

New Members Guide

Check out our [New Members Guide](#) to learn about what we do and how you can get involved.

Monthly Meetings

Join us at [Club Meetings](#) for a great opportunity to come and meet the members of the club and see what we do!

Carderock First Wednesdays

Everyone is welcome at Carderock Wednesdays, which usually kicks off around 4pm. Sign up through the [Events Page](#).

Get involved on Social Media

The Listserv - The Google Groups [Listserv](#) is how a majority of club members communicate. To join:

1. Go to [PATC-MS Google Groups Page](#).
2. Log in to your Google account ("Sign in" button at top right corner)
3. Hit the button at the top of the page that says "Ask to join group". There is no approval process - once you hit Ask to Join, you are in!

Facebook - Follow [Potomac Mountain Club](#) on Facebook or join the [Potomac Mountain Club Facebook Group](#).

2022 Club Officials

Co-Chairs

Nicole Horvath & Caroline Mosher
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Co-Vice Chairs

Jay Bishop & Matt Kilcullen
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Secretary

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Up Rope Editor

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Up Rope History

Did you know
Up Rope Newsletter
has been around
since 1944?

Check out past issues
on our
[Archives Page!](#)

Up Rope Submissions

Trip Report Submissions: Please send all trip reports to upropeeditor@gmail.com. Please put in the subject line TRIP REPORT: Name. Please include the full first and last name of the writer and full names of as many club attendees as possible. If you have it, logistics information such as guide services, camp grounds, restaurants, etc. would be useful at the end of the story. Please list who is in each photo and who took it. There is no word limit for trip reports.

General Submissions: Submissions for climbing news, member of the month, and gear/book/gym reviews can be sent to upropeeditor@gmail.com at any time. Aim to keep them between 200-400 words.

All submissions will be edited for grammar and length when necessary.

COVID 19 Safety

Let's all make sure we're balancing caution with passion! Here are some resources to help protect ourselves and our community during these trying times. Here are some resources to help you stay informed.

- Check out the Access Fund's [Climbing During the Coronavirus Pandemic](#).
- Learn about the CDC's [Considerations for Events and Gatherings](#).
- Stay up to date with the CDC's [COVID-19: What's New & Updated](#) page.